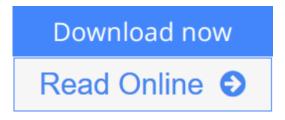


Resistance Band Workbook: Illustrated Stepby-Step Guide to Stretching, Strengthening and Rehabilitative Techniques

By Karl Knopf



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About the Author

Karl Knopf is the coordinator for the fitness therapist program at Foothill College of California.

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